



MIAHH



MOTHERS IN ACTION HOMESCHOOLERS AND HOMEMAKERS

OCTOBER / NOVEMBER 2020 * ISSUE 3 * THE THIRD ISSUE MONTHS OF THE HOLY ROSARY AND THE HOLY SOULS IN PURGATORY

MIAHH is a resource for homeschoolers and homemakers to get together and discuss all things relevant to our families in this ever changing climate - an opportunity to find new friends with shared goals and ideas to foster our Catholic Faith.

Together, as a community, we can take action and make the family great again.

"Tell me and I forget. Teach me and I remember. Involve me and I learn". - Benjamin Franklin

REMINDERS:

- * All are encouraged to submit questions to the FaceBook Group and to recommend topics for upcoming meetings.
- * If you do not have access to Facebook or Instagram, contact MIAHH (contact information below) with your contact information and you will be added to the MIAHH Moms text and email chain.
- * If you know of anyone that would like to join MIAHH Moms but does not have access to Facebook, send their info and they will be added to our text/email chain.
- * If you're having problems finding the FaceBook or Instagram links, send us your contact info and we'll send you the link.

NOTES:

"The Final Battle between the Lord and the reign of Satan will be about marriage and the family". - Blessed Sr. Lucia Fatima

GUEST SPEAKER(S):
Genevieve Gomez

DISCUSSION TOPICS:

- * Treats for troops drive or vote on contributing to another drive or charity for the Christmas season.
- * Starting a book club in the new year.
- * Schedule a book swap in the new year.
- * What do you want to see and discuss in the new year?
- * Getting ready for advent.

UPCOMING EVENTS:

- * Holiday family party December 19th.

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For latest updates and live feeds follow MIAHH on FaceBook Groups:
<https://www.facebook.com/groups/miahhmoms>
 - and Instagram.

WEBSITE: www.miahhMoms.com



"You can't use up creativity. The more you use, the more you have". - Maya Angelou

Patron Saint of
 mothers,
 large families,
 learning
 queens,
 Scotland,
 the death of children,
 and widows.



**ST. MARGARET OF SCOTLAND,
PRAY FOR US**

St. Margaret of Scotland

1045 - 1093

Feast Day: November 16

English princess and mother of three kings of Scotland, her private life was given up to constant prayer and practices of piety.

ST. ANDREW

Feast Day November 30

This novena is called the St. Andrew novena because it is begun on November 30th - the feast of St. Andrew. It is also referred to as the Christmas Anticipation Novena since it is intended to assist us in meditating on the true meaning of Christmas. This novena is meant to be prayed from November 30th to December 24th.

St. Andrew, brother of Simon Peter, was a native of Galilee, a fisherman by trade, and is said to have been martyred in Greece on a cross which was in the form of an "X".

Because weddings were not allowed during Advent and Christmas, Andrew is the patron of unmarried maidens and since St. Andrew was a fisherman, on his feast day fish dishes and biblical themes are typical.

Many areas celebrate by feasting, drinking elderberry wine, and sports (including squirrel hunting) on Saint Andrew's Eve, so Brunswick Stew would be another favorite dish. (see recipe on reverse side in the 'Recipes column').



The Advent Wreath and Candles

Beautiful traditions shared by other MIAHH moms:

"We do the advent wreath and say the Christmas novena for a special intention , we also give something up like we do for lent , usually something like sweets or less screen time to prepare for Christmas, we also set up our nativity scene the first week of advent but leave Jesus' bed empty until Christmas morning." - *Bonnie B.*

"In addition to the advent wreath and novenas, I put an empty basket next to the nativity set (minus Jesus until Christmas) the kids do little penances or helpful things for others, write them down and put in the basket for Baby Jesus Christmas morning." - *Mary H.*

"We do our wreath, St. Andrews novena and encourage the children to make little sacrifices, pray an extra prayer or do something kind for a family member and whenever they do one of these they can place a piece of "straw" (yellow construction paper, old palms, yarn, etc) in the manger to start making a soft bed for baby Jesus". - *Anna B.*

"We always have lit our Advent wreath every night and said prayers. It's been the same tradition for our little family for 20 years. My kids look forward to it each year. We gather at our dining room table and read from 3 different little booklets. It's the best part of the Advent season". - *Vicki G. B.*

"I am so excited about advent!! It's a great way to prepare our family and hearts for Christmas. We light our Advent wreath every night before or after dinner with short prayers (found online). Matt leads the prayers and the kids take turn lighting the candles and blowing them out. It's a simple way to remind us its Advent while bringing the family together in prayer. It's the little things ladies". - *Missy D.*

The actual origin of the Advent Wreath is uncertain but there is evidence of pre-Christian Germanic peoples using wreaths with lit candles during the cold and dark December days as a sign of hope in the future warm and extended sunlight days of Spring.

Eventually, the Advent wreath was created out of evergreens, symbolizing everlasting life in the midst of winter and death as the evergreen is continuously green. The circle reminds us of God's unending love and the eternal life He makes possible.

The symbolism of the Advent wreath is beautiful. The wreath is made of various evergreens, signifying continuous life. The laurel signifies victory over persecution and suffering; pine, holly, and yew, immortality; and cedar, strength and healing. The circle of the wreath, which has no beginning or end, symbolizes the eternity of God, the immortality of the soul, and the everlasting life found in Christ. The four candles represent the four weeks of Advent. Three candles are purple and one is rose. The purple candles in particular symbolize the prayer, penance, and preparatory sacrifices and goods works undertaken at this time. The rose candle is lit on the third Sunday, Gaudete Sunday which is the Sunday of rejoicing, because the faithful have arrived at the midpoint of Advent, when their preparation is now half over and they are close to Christmas.

The Advent wreath is usually lit at dinner time after the blessing of the food.

A traditional prayer proceeds as follows:

- **First Sunday of Advent**, the father of the family blesses the wreath, praying: "O God, by whose word all things are sanctified, pour forth Thy blessing upon this wreath, and grant that we who use it may prepare our hearts for the coming of Christ and may receive from Thee abundant graces. Who livest and reignest forever. Amen." He then continues for each of the days of the first week of Advent, "O Lord, stir up Thy might, we beg thee, and come, that by Thy protection we may deserve to be rescued from the threatening dangers of our sins and saved by Thy deliverance. Who livest and reignest forever. Amen." **The youngest child then lights one purple candle.**

- **Second week of Advent**: the father prays: "O Lord, stir up our hearts that we may prepare for Thy only begotten Son, that through His coming we may be made worthy to

serve Thee with pure minds. Who livest and reignest forever. Amen." **The oldest child then lights the purple candle from the first week plus one more purple candle.**

- **Third week of Advent**, the father prays: "O Lord, we beg Thee, incline Thy ear to our prayers and enlighten the darkness of our minds by the grace of Thy visitation. Who livest and reignest forever. Amen." **The mother then lights the two previously lit purple candles plus the rose candle.**

- **Fourth week of Advent**, "O Lord, stir up Thy power, we pray Thee, and come; and with great might help us, that with the help of Thy grace, Thy merciful forgiveness may hasten what our sins impede. Who livest and reignest forever. Amen." **The father then lights all of the candles of the wreath**

Candles can be replaced as necessary during a particular Advent Season without reblessing the wreath.

After Advent and for the Christmas Season which follows immediately after, candles and ribbons can be changed to white. If you wish, the wreath itself can be freshened with new greens and decorated festively for use during the period.



Brunswick Stew

In England squirrel hunting was the traditional sport of Saint Andrew's Eve, and since many customs were also transplanted to parts of the United States where squirrel hunting is popular, we suggest a Brunswick Stew.

INGREDIENTS:

- 2 cups dried lima beans
- 2 squirrels*
- Salt and pepper
- 1/2 lb diced bacon
- 2 slices onions
- 2 cans whole kernel corn
- 4 cups canned tomatoes
- 1 cup sliced okra
- 6 potatoes
- 1 Tablespoon Worcestershire sauce
- 1 Tablespoon sugar



DIRECTIONS:

Soak the beans overnight. Clean and disjoint the squirrels, dust with flour and salt and pepper. Brown lightly in a little fat. Place the meat, beans, bacon and onions in a pot and cover with boiling water. Simmer for two hours. Then add corn, tomatoes, okra, potatoes, Worcestershire sauce and sugar. Simmer for another hour. Mix a little flour with water and stir into the stew to thicken. Taste for seasoning and serve in a large tureen.

* In the event squirrels aren't in season and the local grocery store is out of stock, rabbit or chicken can be substituted for squirrel.

St. Lucy's Cats

Saint Lucy's feast day falls on December 13 and is the formal opening of the Christmas season in Sweden. St. Nicholas watches over school boys, and the young St. Lucy protects school girls.

Traditionally, the oldest girl in the family dresses in a white garment with a red sash (symbolizing martyrdom) with a St. Lucy crown on her head. She wakes up early and brings to each of her sleeping family member's sweet yellow rolls in the form of cats with very black raisin eyes (or *Leissi Katter* St. Lucy's Cats)

INGREDIENTS:

- 1 cake yeast or 1 pkg dry yeast
- 1 Tblspn sugar
- 1/4 cup warm water
- 1 cup milk
- 3/4 cup sugar
- 4 Tblsp shortening
- 1/2 cup raisins
- 1/2 cup currants
- 2 Tblsp saffron
- 3/4 cup hot water
- 1 Tblspn chopped citron
- 6 cups flour
- 1 tsp salt
- 1 egg beaten



DIRECTIONS:

Add yeast and sugar to warm water. Scald and cool milk. When yeast mixture bubbles add to milk. Beat in shortening, sugar and two cups flour. Cover and let rise. Put saffron in three-fourths cup hot water one hour. Strain and add liquid to dough only for color. Combine fruits, flour and salt. Let rise again. Shape into oval buns with round heads. Add a tail if you wish. Use raisins as eyes. Brush with beaten egg and water and let rise again until it doubles its bulk. Bake in a moderate oven (350°) for 30 minutes.

St Andrew Novena

It is piously believed that whoever recites the St. Andrew Christmas Novena prayer FIFTEEN times each day from the feast of St. Andrew (November 30th) until Christmas Eve will obtain the favor requested.

Hail and blessed be the hour and moment in which the Son of God was born of the most pure Virgin Mary, at midnight, in Bethlehem, in piercing cold. In that hour vouchsafe, O my God, to hear my prayers and grant my desires. Through the merits of Our Savior Jesus Christ and of His Blessed Mother. Amen